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12 Hidden Rewards of Making Amends: Finding Forgiveness and Self-Respect by Working Steps 8-10

Allen Berger

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Letting go of resentment and forgiving ourselves for our past wrongs are critical to recovery from alcohol and other drugs. Yet, Steps Eight, Nine, and Ten, which focus on making amends, can be some of the most challenging to work, because we must face ourselves and those who we have hurt or damaged.

In *12 Hidden Rewards of Making Amends*, Allen Berger, PhD, uses the same supportive, down-to-earth style as in his popular book *12 Stupid Things That Mess Up Recovery*. His creative tools and tips will help us let go of anger, heal strained relationships, and make financial and emotional restitution. Through this transformative process we can:

recover and maintain integrity
resolve or complete unfinished business
restore trust, self-esteem, and self-confidence
deepen our spirituality and peace of mind
reinforce a strong commitment to recovery

By being accountable for our words and actions and moving forward with a compassionate and constructive approach to the world, we decrease our chance of relapse and learn to maintain a healthy, balanced life.

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